

Vol. 61 No. 35 Friday, August 13, 2004



News Briefs

FFSC to Provide SAVI Advocate Training

The Navy is the first service to have a dedicated program to deal with sexual assault. The Sexual Assault Victim Intervention (SAVI)



Program offers a comprehensive, standardized, victim-sensitive system to prevent and respond to sexual assault Navy-wide.

The principal focus of the SAVI program is aggressive awareness and prevention education and includes information on the prevention of sexual assault; actions that can help minimize the risk of becoming a victim; procedures for commands to respond to sexual assault incidents and the victims; and measures that bases and commands can take to ensure a safe environment for our sailors. This training is reinforced through mandatory general military training.

By developing a highly responsive volunteer victim advocate support system the program is able to provide immediate emotional support to sexual assault victims and helps to avoid re-victimization. The SAVI program is based on a coordinated team approach. SAVI coordinates with local resources/programs (both military and civilian) and provides multi-disciplinary training to first responders, key personnel, and advocates.

This where you come in. The Fleet and Family Support Center is currently seeking volunteers to become SAVI advocates. A three-day training course will be offered Aug. 25, 8 a.m. to noon, and Aug. 25-26, 8 a.m. to 5 p.m, at the Elementary School, Room A9. If you would like to attend, call 4141 to register.

Sailors Needed for Occupational Survey

Sailors still have time to complete occupational task surveys concerning how they perform their Navy jobs and help shape the future of individual ratings and specialties. The Navy Manpower Analysis Center (NAVMAC), in coordination with the Naval Personnel Development Command's Learning Centers, is conducting the surveys, which are available for many ratings on Navy Knowledge Online (NKO) at www.nko.navy.mil. The survey results will allow the Navy to validate occupational data — the actual work Sailors perform — with the goal of capturing the tasks and associated jobs in each rating and specialty. By doing so, the Navy will gain a broader picture of the work Sailors perform, and the NAVMAC team will be able to identify similar functions and consolidate training, saving money as a result.

LDO/CWO Packages Due Sept. 10

Completed LDO/CWO application packages are due to the NAVBASE Command Career Counselor's (CCC) office by close of business Sept. 10. Applications must be postmarked no later than Nov. 1, 2004.

Once applications are reviewed, the CCC will inform the applicants of their officer interview appraisal board date, time and location. The officer interview boards will be conducted Sept. 27-29. Uniform for the interview is summer whites with nametag.

For specific eligibility requirements and application details read OPNAVINST 1420.1A, Chapter 7 located online at http://neds.nebt.daps.mil/1420.htm. Applicants may also want to visit the LDO/CWO homepage at www.bupers.navy.mil/pers211/index.html. For more details, contact NC1 Erika Stead at 4488.

NAVSTA Recognizes Sailor of the Week



GM3 Joel Reagan

GM3 Reagan works in Weapons Department where he is in charge of the weapons armory. Reagan is also responsible for ensuring all NAVSTA personnel receive weapons qualifications. Motivated by the events of Sept. 11, 2001, the Corning, N.Y., native joined the Navy 2 ½ years ago. Since then, he has deployed with USS George Washington, gone through "A" school and weapons training. In addition to his job, Reagan says he is really enjoying his time in GTMO. "I'm really happy to be stationed here. I like to fish and get into the ocean, so GTMO really works out good for me." His advice to his fellow shipmates on being the best they can be is to, "treat everyone with respect, and don't turn your back on your fellow Sailors."

U.S. Naval Base Guantanamo Bay, Cuba



Vol. 61 No. 35 Friday, August 13, 2004 Commander, Naval Base
CAPT Les McCoy
Chief Staff Officer
CDR Jeffrey Hayhurst
Command Master Chief (Acting)

MACS(AW) Luis Martinez

Public Affairs Officer

Oscar Seara

Gazette Editor
JO1 Amy Kirk

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Phone: 4502, Fax: 4819
E-mail: pao@usnbgtmo.navy.mil
Gazette On-line:
www.nsgtmo.navy.mil

Making GTMO a little sweeter

MWR Unveils New Ice Cream Truck

Ahh, ice cream. It tastes of sweet childhood memories. The tinkling sound of the ice cream truck as it traveled down your street made you drop whatever you were doing, whether it was homework or saving your backyard from the evil Lex Luthor. Down the street you ran, change jingling in your pocket, arms waving to the driver and shouting, "Stop here! Stop here!"

Now, those memories can be relived by GTMO's older generations and new memories created for GTMO's children. MWR Director Craig Basel and his hard working staff are proud to introduce "The Ice Cream Man" truck, complete with the tinkling music.

"The idea really came from my children." said Basel. "They asked me a couple years ago about an ice cream truck; it sounded like a great idea so we looked in to the possibilities and after many hours of searching, we found a company that builds these trucks.

After completing all the leg work, Basel received permission from the base CO and contract review board to proceed with the purchase of the truck.

"The project has been in the works for at Robert Beckford and Justin Helms (in truck), proudly serve the children of GTMO. least a year," Basel said. "Routes will be determined over the next couple of weeks, based on customer requirements. Once we have an established route, we will publish it in the Gazette.

For now, Basel said the truck will start driving through the base around 1 p.m. daily; the truck will visit Windmill and Kittery Beaches



on Saturday and Sundays.

"The purpose of this project was to bring a bit more home to the community and provide them with a quality of life improvement that was cool and tasted good. I hope they enjoy the service," said

Keys to a Successful Performance Evaluation

By Military.com

One of the most critical elements in preparing for promotion is the performance evaluation process. Understanding how the process works, and how to make it work for you, can be a major key to your success.

No matter what your rank is, you are subject to being evaluated by your chain of command. The evaluation process begins the day you join, and can make or break your career and promotion opportunities.

Officer and enlisted evaluations have three major purposes. The first is to provide you with meaningful feedback on what is expected of you, a progress report on how well you are meeting those expectations, and advice on how to better meet those expectations in the future. The second is to provide a reliable, long-term, cumulative record of performance and potential based on that performance. The third is to provide promotion decision-makers and selection boards with sound information so they can identify the best qualified officers and enlisted personnel.

To accomplish these purposes, the evaluation system focuses first and foremost on performance. Performance reflects how well you do your job. This is added to the qualities you bring to the job. It is also important to track the development of skills and leadership.

Evaluation systems emphasize the importance of performance in several ways, using periodic performance feedback, as the basis for formal evaluation reports, and, for performancebased promotion recommendations.

Five Steps to Improving Your EVAL

Although the performance system is designed to observe and report your

performance, there are five steps you can take that can help improve your evaluations.

Step 1. Start out by reading any relevant instructions related to both the evaluation and promotion processes Understanding how the process works is key to making it work for you. Pay particular attention to the appropriate evaluation form for your rank.

Step 2. Communicate. Talk with your supervisor about your performance report. You should go over the form line by line to determine their expectations. Ask your supervisor for their advice on how to improve your report. Establish short, intermediate, and long-term performance goals and share them with your supervisor.

Step 3. Be Opportunistic. Take every opportunity you can to demonstrate the level of performance that your supervisor

See Evaluation, page 5

PWD Plant Nursery Re-opening

American Red Cross volunteers have been diligently working through the hot summer months preparing plants for GTMO residents. The plant nursery reopens Saturday, Sept. 18.

For new members to the community, the Plant Nursery is located on Kittery Beach Road, east of the golf shack and west of Tarawa Road. Parking is on the west side of the nursery. Days and hours of operations are the first and third Saturday of each month from 8:30 a.m. to 11 a.m. If you are unable to come during this time, call 2090.

The Plant Nusery is funded through Public Works Department (PWD), and there is no monetary charge for plants. Plants are available in exchange for Plant Chits which are e-mailed to base residents from the Housing Office. If you have not been receiving them, contact base housing at 4172.

Residents may redeem up to four plant chits at each visit. Chits issued from May 2004 through August 2004 (when the nursery was closed) will be honored.

One chit is equal to one point. Plants at the nursery have different point values. Some plants require two, three or even four chits. Therefore, you may need to save up for a particular plant.

The plants at the nursery are considered starter plants. The nursery does not have any flowers, but does have flowering plants



and starter trees. Volunteers are available to assist you with selecting plants and answering questions.

Because of GTMO's eco-friendly environment, tarantulas, boas and iguanas do live in and around the nursery grounds. Parents are asked to accompany their children at all times.

Interested in volunteering? You can begin volunteering at the nursery anytime. No experience is necessary, just a love for plants. It's a great way to leave a lasting impression on the community when you plant a tree for the generations to come.

Gardening not your thing? We need volunteers to help build, rake, or just move plants from point A to point B. Contact the American Red Cross at 5060 for an application.

If you are moving and want to share some of your plants, or have helpful tips you would like to pass on to help new residents, drop in any Saturday or call 2090.

If you are planning a special function and would like plants for decorating, call 7985 after 5 p.m. or 2090 on Saturday morning to make arrangements. If possible, provide one week's notice so the plants can look their best.

Feel free to come in and browse to see what is available. Remember to bring your ID when you are redeeming chits.

The Base Gym: The Ticket to a New You

When you think of a fitness evaluator, what comes to mind? Hollywood? Wealthy celebrities? How about the base gym? That's right. This luxury, often reserved for the rich and famous, is now offered at no cost at many base fitness centers.

Whether shedding a few pounds or hoping to run long distances, a personal fitness evaluation can assist you in meeting your goals.

While some centers offer basic fitness assessments, Team MWR GTMO Fitness offers the latest in fitness assessment technology, MICROFIT. The MICROFIT evaluation often involves a personal profile, including such things as weight, body fat, strength, and cardiovascular condition. Once you have been evaluated or have discussed a specific plan personnel can instruct you on the proper use of fitness equipment located at the gym help and help you develop a plan to incorporate cardiovascular activities, such at walking, running, swimming, and aerobics to maximize your workout time.

Once you get started on a program, you can check back in with MICROFIT evaluators and see how you have improved or make modifications to your plan.

Besides the no-cost factor, a great benefit of this program for those who live or work on base is accessibility. It's easy to make a stop by the gym before or after work or during the lunch period. In no time, you'll find yourself fitting nicely into that old pair of jeans stashed away in the bottom drawer or the uniform you bought a while back. Perhaps you'll even run a marathon.

But wait! The good news doesn't stop there!

Donnell 'DD' Daniel, MWR Athletic Director, has assembled an outstanding core of talent lead by Fitness Director Karissa Sandstrom.

Sandstrom says Team MWR GTMO Fitness goes even farther with the attitude of "Great Possibilities for our Great Community Members." MWR GTMO Fitness offers a wide array of outstanding fitness classes to include Pilates, Yoga, Power Yoga, Aerobics, Water Aerobics, Kickboxing and Power Walking.

And, according to Daniel, beginning in August, MWR GTMO Fitness will unveil a host of new fitness programs such as Body-Bar, BOSU, Xerball and Tube Xercise.

For more information on GTMO's fitness programs, contact Karissa Sandstrom, at 2193.

Creature Feature: GTMO's Coral Reefs, Part III

By Paul Schoenfeld

Natural Resources Manager

This is the third in a series on coral reefs and decline in their condition worldwide. The Department of Defense (DOD) is a member of the multi-agency Coral Reef Task Force addressing this decline globally. DOD has an active role in coral reef conservation and, utilizing its technology and expertise, provides a high level of support to the Coral Reef Task Force initiatives.

The complex relationships between coral reefs, sea grass beds, and mangroves creates a much larger interdependent ecosystem. Impacts to any of these communities may result in impacts to the entire ecosystem. Many impacts to coral reefs, including impacts from upland watersheds, are buffered by mangroves. Impacts from natural disasters are usually short term and coral reefs can usually rebound from the short term effects

of hurricanes, earthquakes, and other similar phenomena. Human induced impacts however, are usually long term or permanent and can either effect coral directly or indirectly by impacting mangroves and sea grass. Coral does not rebound very well when impacts are permanent or of long duration.

Many upland activities have adverse impacts on reefs. Extensive land clearing results in erosion and an increase in sediment loads to receiving waters. The receiving waters eventually discharge into coastal or near coastal waters and impact coral reefs far away from the original source of erosion. The sediment load in receiving waters increases if upland activities result in the removal or loss of mangroves.

Likewise, agricultural runoff introduces herbicides, pesticides, fertilizers, and livestock waste into receiving waters. Herbicides and pesticides can directly impact corals and their symbiotic algae. The over-enrichment of these receiving waters from fertilizers and



livestock waste is a process called eutrophication which adversely impacts coral that thrive in clear, nutrient poor water. Sewage discharges also eutrophicate receiving waters by introducing nitrogen and phosphates which ultimately settle on coral reefs.

Developmental activities result in an increase in areas of hard impervious surfaces such as roadways, sidewalks, buildings, parking lots, wharfs, and other hard structures. These hard impervious surfaces result in high velocity runoff into receiving waters. The high velocity runoff carries contaminants with it including fuel, antifreeze, hydraulic fluid, and other contaminants resulting from leaking vehicles, equipment, and industrial sites. The high velocity runoff also picks up sediments from areas of point and non-point source erosion. The discharge of contaminants and sediments into receiving waters is magnified through storm drain systems designed to divert this runoff from the developed areas.

Evaluation, from page 3

suggested. Be sure to take the initiative and show that you're committed to performing at the highest level.

Step 4. Record your personal performance. Keep a performance diary, noting the times and situations when you demonstrated the skills, initiative, leadership, and performance your supervisor suggested. Write down not only what you did, but also its value or impact on unit mission or career development.

Step 5. Evaluate yourself. Complete your own evaluation report on a blank worksheet. Be sure to include documentation and supporting information. After all, it is your career, and you are the only one who knows exactly what you have accomplished during the evaluation period.

Submit your input and documentation to your supervisor. Your supervisor has a rough job, he or she has to monitor you and your coworkers' performance throughout the entire evaluation period. It is nearly impossible for a supervisor to remember every detail about your performance. In fact supervisors tend to remember negative

situations more often than the positive ones. By following these 5 steps you will make your supervisors' job easier, and when you make their job easier it can't help but positively affect your evaluation.

Here are some additional tips to help you ensure a positive evaluation:

√ Request specific recommendations in the Potential block. Examples may include promotion, graduate school, command, or a recommendation to chief warrant officer to lieutenant program.

- √ Be alert for signals from superiors. If signals are confusing, ask for clarification.
- √ Ensure issues raised in previous evaluations are brought to closure.
- √ Gain a thorough understanding of your written job description.
- √ Clearly understand the relationship between your job and your unit's mission.
- √ Ensure all evaluations are in your record before selection boards and panels convene.
- ✓ Maintain a complete personal evaluation file.

GUANTANAMO BAY

Jeffries Family Receives Yard of the Month Honors

The Jeffries family of Caribbean Circle 18C, Roger and Rebecca, is the winner of the Yard of the Month competition for July.

In recognition of their yard grooming efforts, the family received a special "Yard of the Month" sign in their yard, the use of a designated parking space at the Navy Exchange and membership on the award committee for next month's contest.

Capt. Les McCoy, COMNAVBASE, thanked the Jeffries for their contribution in making GTMO a more beautiful place to live.

The Yard of the Month program selects a new winner each month from one of the following family housing neighborhoods: Caravella Point, Caribbean Circle, Center Bargo, Deer Point, Evans Point, Iguana Terrace, Marina Point, Marine Site, Mobile Point, Nob Hill, Paola Point, Radio Point, Villamar, West Bargo and Windward Loop.

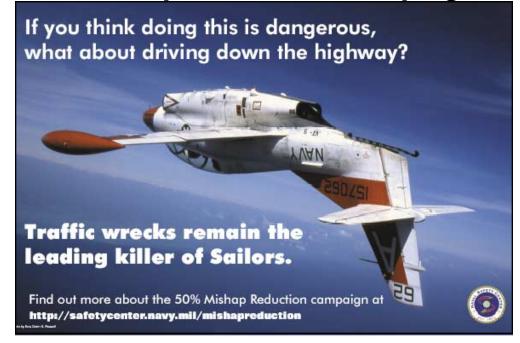
The same home may not be chosen for "Yard of the Month" more than once annually. For more information on the program, contact the Housing Office at 5119.



The Jeffries family, Rebecca (second from left) and Roger (center), poses with Capt. Les McCoy, COMNAVBASE, Rudy Sammons, Housing Director, and Marie Goode-Spencer (far right) Facility Manager, in their award-winning yard.

Are you up to the challenge?

50% Mishap Reduction Campaign



From the Naval Safety Center

The task to reduce mishaps and save lives, prevent injuries, and preserve material assets is a challenge. Secretary of Defense Donald Rumsfeld has mandated that the military reduce mishaps by 50 percent by 2005. Mishaps are a huge drain on our resources and a significant detriment to readiness. The costs during the past five years are staggering. In that time period, the Navy and Marine Corps lost:

- 585 people and \$127.5 million in offduty motor vehicle accidents (our number one killer),
- 134 aviators, maintainers and aircraft passengers in aviation mishaps,
- \$3.2 billion in aircraft mishaps (our costliest area),
- 18 people and \$368.7 million in surface ship, sub or diving mishaps,
- 147 personnel and \$73.4 million in operational shore mishaps.

Meeting the 50-percent-reduction challenge should be everyone's goal. The savings in lives and materiel are obvious.

Ombudsman Outlock

"We're here for you!"

Julie Barnett **NAVSTA Ombudsman** Phone - 5736 barnetts@phoenixcable.net

Grace Paquette NAVSTA Ombudsman Phone - 4595, 7600 paqutteg@usnbgtmo.navy.mil

> Tee Hovell - USNH GTMO Ombudsman Phone - 7606

Ombudsman Advisor Phone - 3777 mcoy_terri@hotmail.com

Terri McCoy

kristie.a.hovell@gtmo.med.navy.mil

Phone - 72074 amanda.a.mcfarland@gtmo.med.navy.mil

Amanda McFarland - USNH GTMO Ombudsman

Tips for Parents: Starting the New School Year Right

On Monday, Aug. 30, the children on base are going back to school! The beginning of a new school year can be the start of a journey toward success if parents, students and teachers work together. Here are some suggestions from National Education Association (NEA) for parents who want to help their child start the new school year right.

The First Day Jitters

Start talking now about the upcoming school year and the first day of classes. Discuss what to expect on the first day—catching up with old friends and meeting new ones, learning classroom rules and finding out what's ahead. Take note of how you feel about your child going off to school. If you're anxious, try not to let it show!

If you're new to the area, take time to visit the school before classes begin. Walk, drive or show your child the bus route to familiarize him or her with the trip to school.

Getting to Know You

Make time to get to know your child's teacher and classroom aide. Let the teacher know that you appreciate feedback on your child's progress—both positive and negative. Alert the teacher to anything out of the ordinary that's going on with your child or family. Make a point of meeting other school staff members: the principal, school secretary, bus driver, cafeteria staff and others who work at the school. The better you know the school and how it operates, the more likely your child will be to have a productive and positive school experience.

A Place of One's Own

Whether it's a bedroom desk or the kitchen table, every child needs a regular place to study and complete homework. This area should be well lighted and equipped with school supplies like paper, pencils and a dictionary. Siblings should respect the time set aside for studying and not distract the child who is doing homework.

Children (and Parents) Love Routines

Set aside a specific time for studying every night. Discuss with your child what time of day would work best. Right after school? Just before dinner? Immediately following dinner? If your child attends an after-school program, find out if students will be expected to do homework there. If your child completes homework assignments away from home, plan to review the work at a set time every night. If homework has already been completed, have the child use study time for reading or reviewing problem areas.

Create High Expectations

To learn, children must believe that they can learn. As the parent, you are the most important adult in your child's life. The feedback you give your child—what you say and do about his or her abilities—will have a lasting impact on your child's self-confidence. Be encouraging

and praise your child for the amount of effort that he puts into a project. Let her know that doing her best is what counts.

Reading Can Be Contagious

Research shows that children who are read to in their early years do better in school. Make reading a habit in your home, for both you and your child. Each night before bed, read to your child for at least 20 minutes. If the child is learning to read, ask him or her to read to you. For older children, set 30 minutes aside each night for family reading time when everyone reads together silently. Keep plenty of reading materials available—books, magazines and newspapers. Let your kids see you reading and they're more likely to pick up the habit.

Be Prepared for Your Next Parent-Teacher Conference

Talk with your child beforehand about what she thinks are her best subjects or what he likes least. Find out if your child has anything that he or she would like you to ask. Write down your own list of questions. Feel free to ask about your child's progress or about anything you don't understand about the school program. Expect the teacher to show you samples of your son's or daughter's work and to discuss how student progress is measured. Ask how your child interacts with other students. Most importantly, talk to the teacher about ways you can work together to help your child.

Schools + Communities = Success

To be effective, schools need the support of parents and the community. Thirty years of research clearly shows that when parents get involved in their children's schools, student achievement improves. Find out key dates during the year when there will be opportunities for you to participate in school events. Look for specific ways that you can support your child's school. Volunteer a few hours a week in the classroom. Offer to speak to your child's class (or others) about a special hobby or area of expertise. Join the PTO to ensure that you have a voice in the work of the school. Offer to help with a special school project. Organize a school beautification day. Mark your family calendar and your personal datebook now to hold those dates.

For more information and tips from the NEA on enhancing your child's education, go to: www.nea.org/parents/startnewyeartips.html.

Worship Services

Catholic Mass

(Main Chapel) **Monday - Friday** Mass (Cobre Chapel) 11:30 a.m. **Wednesday**

Holy Hour/Rosary 5 p.m.

(Cobre Chapel)

Saturday Vigil Mass 5:30 p.m.

Sunday

Mass 9 a.m. La Santa Misa (Spanish) 10:30 a.m. (1st Sunday of the month)

Eucharistic Adoration (Cobre Chapel) Daily 24hrs

Protestant Services

Sunday

Sunday School 9:30 a.m. Services - Main Chapel 11 a.m. Children's Sunday School 11:30 a.m.

New Life

(Main Chapel) Sunday

Worship Service 1 p.m.
(Main Chapel) *Friday*Bible Study 7 p.m

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)
Sunday

Sunday Sacrament 9 a.m. *Monday*

Family Home Evening 6 p.m.

Wednesday
Ladies Relief Society 7 p.m.*

Filipino Christian Fellowship

(Sanctuary A) **Sunday** Worship 7 p.m.

Iglesia Ni Cristo

(Sanctuary B) *Sunday*Worship 8 p.m

Pentecostal Gospel Temple

(Room 13) **Sunday** orship 8 a.m. & 5 p.m.

Seventh Day Adventist

(Sanctuary B) *Saturday*Divine Service 11 a.m.

Islamic Service

(Classroom 18) *Friday*Worship 1 p.m

United Jamaican Fellowship

(BLDG. 1036 - Next to Phoenix Cable) Sunday Service 11 a.m. & 6:30 p.m.

Camp America Troopers Chapel

Protestant Service

Sunday 9 a.m.
Sunday (Bldg 3202) 7:30 p.m.
Soul Survivor (Club Survivor)
Wednesday 7 p.m.

Roman Catholic

Sunday 7:30 p.m.

For information about programs & services, call 2323.

Community Announcements



Entry Deadline - August 20

MWR is looking for a colorful, modern & dynamic design for the upcoming Jazz Festival. Entry designs must include:

Title - 2nd Annual GTMO Jazz Festival

Location - Cooper Field

1st place winner receives Chateaubriand for two, an invitation to the Welcome Social and two backstage passes.

Honorable Mention receives a two-hour cruise on the GTMO Queen II.

All entrants must supply two copies of the poster - one on paper and one on disc saved as a .jpg or bitmap file. Entries can be dropped off at the MWR Media & Marketing Office. For more information, contact Lisa Dula at 5225.

Sign-up for a CREDO Seminar

Survival Skills for Healthy Families - Aug. 18-19 and 22-25

There are lots of books out there on how to be a better parent and have a better family. Well, right here in GTMO the Base Chapel has something more dynamic than a book, and it is free!

Six different CREDO seminars are offered at convenient times dealing with:

Parents in Healthy Families - Aug. 18, 6 p.m.

Children in Healthy Families - Aug. 19, 6 p.m.

As Children Grow in Healthy Families - Aug. 22, 3 p.m.

Adult Relationships in Healthy Families - Aug. 22, 6 p.m.

Problem Solving in Healthy Families - Aug. 24, 6 p.m.

Sex, Drugs & You: Passing Your Values to Your Children - Aug. 26, 6 p.m. All the seminars are offered in the Fellowship Hall within the Chapel Hill Complex.

MER - Marriage Enrichment Retreat - Aug. 20-22

A chance for couples to get away from everyday pressures and focus on each other, the goal is to make a good marriage even better. Held on the Leeward Side, the retreat begins on Friday with dinner and ends on Sunday with lunch. The cost? FREE! The feedback and reviews from previous participants has been more than 95% Outstanding! Couples focus on how to keep their marriage growing, how to handle inevitable conflicts, how to build intimacy and improve communication, and more.

ASIST - Applied Suicide Intervention Skills Training Aug. 23-24, 8 a.m. to 5:45 p.m.

Primarily for Active Duty NAVSTA, JTF, and Naval Hospital Personnel, this program provides SNCOs and Supervisory NCOs with suicide recognition, prevention and intervention skills. This two-day program provides the leaders, who have immediate supervision and access to personnel, with the skills that may divert a traumatic experience in the workplace.

"The Real Deal" Youth Lock-in - Aug. 26-27

For grades 7 - 12, this seminar is a high-energy experience that provides an environment for young people to have a great time, learn more about themselves and relationships, grow personally with a focus on building a better future, and dig into the key issues facing teens in today's world. Some of the topics: Friendship, Loneliness, Racism, Suicide, Stressing Out, Addictive Behavior, Great Comebacks, Violence, Sexual Choices, and Family Matters.

Registration required for all seminars. Call the Chapel at 2323/2843.

GTMO Shopper

FOR SALE

- (1) Treadmill, almost new \$250. FMI, call 5661 and leave message.
- (1) Dell Notebook/laptop Intel Pentium 4 2.66ghz, Windows XP Professional Edition, 512mb 2dimms 40gb hard drive, 15" screen 24x CDRW/DVD combo drive, \$1400. Call Omar at 2153 or 7689.
- (1) FOR SALE: Double bed, dresser, armoir and night stands; butcher block table w/4 chairs; Roadmaster Elevation mountain bike; Jeep Comanche Scrambler mountain bike; typing table; two 5x8 carpets; plants; barbecue pit. Call 7311.
- (2) Mini-Mag Paintball gun, super condition, Red-Electronic Hopper w/ a double trigger, dye stickey grip, gun comes as a complete set. Asking \$490 OBO. Call Jeff (h) 7117, (w) 4325 or Anthony.
- (2) Sherwood BCD, \$50 OBO. Call 7969 or 72190.
- (2) Girls Little Tikes toddler bed in the shape of a pink and white house includes mattress, \$40. Call Tammy at 5724
- (3) Excellent male medium wetsuit XS Scuba Titanium 3M, \$65. Call Minh, 3946.
- (3) Diamond rings Zales 1/4 carat Solitaire, w/certificate and receipt \$750. Three diamond 1/2 carat anniversary ring w/receipt-\$250. Call Kelly at 8252 between 8:30 a.m. and 3 p.m.
- (3) 21-Speed, red, Kent mountain bike. Used, but in excellent shape, rarely ridden. Helmet and back-rack included. \$60 OBO. KB 372-D- Call 8258. Please leave message.

VEHICLES/BOATS

- (1) 2000 Pontiac Sunfire silver, 2 door, CD player, moon roof, 70,000 miles, great condition! Asking \$6,000. Call 8065.
- (1) 1992 Ford X-cab in excellent condition \$4,300. Avail. Aug. 28. FMI, call 7311.
- (1) 1982 V.W. Rabbit convertible, lots of new work completed - \$1,500 OBO. Call (h) 7310 or (w) 4178.
- (2) Chevrolet good engine and reliable, \$1,500. Call Bernard at 2550.
- (2) 2001 Suzuki GZ 250 (cruiser style) Bike is like new and has just over 2,200 miles. Asking \$3,200 OBO. Call Rene at 3830 (w), or after 6 p.m. at 7710 (h).
- (2) 1977 Dodge W200 4x4 camouflaged military pickup truck. Engine and transmission works fine, needs battery, some brake work, and some body work (nothing that duct tape can fix!). Spent \$1,000 plus on it, but make an acceptable offer. Call Amaldo, 4420 DWH, 7138 AWH, or cell 84036.
- (2) 1977 Yamaha XS 750cc Newly painted with some minor scratches, new

seat, rebuilt motor and carburetor, new wiring and customized exhaust. Needs brake pad, speedometer, tachometer and 2nd gear is slipping. Will make a good project for the bored. Asking \$600 but willing to negotiate. FMI call hm #7148 or wk #4603

(2) 1989 Ford F-150, 1989, AM/FM/CD 98,000 miles, great running truck, \$3,300 OBO. Call 7916.

WANTED

Wanted - old film cameras, lenses and accessories. LV msg at 7300 describing equipment, and I'll get back to you.

Wanted - Table Saw. Call John at 4844.

Wanted: Motorcycle Mechanic. Knowledgeable mechanic needed to tune a carburetor on a 4-stroke 400cc engine. For more information, call 5698 or e-mail rpenman@phoenixcable.net.

ITEMS WANTED - 26" mountain bike rim and a white Karate Gi. Call 8060 ask for Sonny after 4 p.m.

Wanted - Tennis Players - 3.5 - 5.5 USTA rating. Call Jack at 8661.

EMPLOYMENT

MWR is seeking a computer technician and computer technician supervisor. FMI, call 4323 or stop by the MWR Personnel Office.

The following are current vacancies at NEX GTMO for the week of 8-10-04. Embroidery Machine Operator - full time Desk Clerk Navy Lodge-part time FMI or an application, stop by the second floor of the NEX or call 4119.

The following are job vacancies currently open through the Human Resources Office. Firefighter (Foreign Nationals) - closes 8/18 Office Automation Assistant - closes 8/23 Transportation Assistant - closes 8/23 Social Services Aide - closes 12/30 Social Services Aide - Foreign Nationals - closes 12/30

Materials Handler - closes 1/8/2005 Practical Nurse, closes 8/20 Licensed Practical Nurse - closes 7/28/

FMI, call Human Resources Office, 4441.

LCN is now hiring a full time RF technician. Applications available at the LCN office. FMI, contact Bob at 3644.

ANNOUNCEMENTS

Military Car Sale, located in the NEX Atrium has over 205 units ready to deliver worldwide with rebates up to \$8,500. For more information, call Pablo at 4227.

Hispanic American Heritage Committee T-Shirt Sale & Donut Presale- Saturday, Aug. 14 at the NEX Atrium from 10 a.m. to 2 p.m.

Hail & Farewell

The Chapel is hosting a "Hail and Farewell" for Chaplain Sharon and Mike Shaw, and all GTMO newcomers.

Aug. 13, 7-9 p.m., at the Sailing Center

Everyone welcome.

Enjoy food, refreshments, & entertainment. Feel free to bring a side dish or dessert. FMI, call the Chapel at 2323/2843.

Fire Dept. Ball Tickets & T-shirt Sale - Weekends at the NEX Atrium. Tickets are \$15. T-shirts are \$12.

August Coupon Meeting - Wednesday, Aug. 18, 7-9 p.m., at the Community Center. Everyone is invited. We have plenty of coupons to share with the community. FMI call 5545.

YARD SALES

Saturday, Aug. 14 - VL 1st Street Culdesac Gazebo, 8- 11 a.m.

Saturday, Aug. 14 - CC25C, starting at 8 a.m. - Children's books, movies, games, & bikes, microwave and other household goodies. No Early Birds!

Saturday, Aug. 14- Caravella Point 3B, 8 a.m. to noon - Kitchen items, trinkets from around the world, jewelry, frames, luggage, clothes, linens, quilts, and much, much more

Saturday, Aug. 14 - VL-12B, starting at 7 a.m. - a Wide selection of items to choose from. Something for everyone.

Saturday, Aug. 14 - 2208VL, starting at 7 a.m. - bikes, video games, hot wheels household items.

Sunday, August 15 - CC-15, 9 a.m. to noon

Lost & Found

Lost - White gold ring with cubic zirconia along the band. More sentimental worth than financial worth. If found, please contact HM3 Langit at 8651 or e-mail josephlangit@yahoo.com. You will be fully compensated.

Personals

I'd like to this time to say "good bye" to my many friends here in GTMO. As my kids and I head to Rota, I will never forget your

Home Education Network Meeting

Home Education Network (HEN) GTMO is accepting enrollments for the 2004-2005 school year. If you currently home school or are interested in home schooling, please join us at the Fleet and Family Support Center for our next HEN meeting on August 18, 6:30 p.m. in the conference room. For more information, call Gina at 9490.

Postal Customers

Due to construction, the area in front and to the side of the Post Office is closed. This will affect the post office lobby and the mail call areas. Customers may park in the area by the mail trucks for any postal business.

Construction should be complete soon. Thank you for your patience.

kindness and support. The people here will always have a special place in my heart. I wish you all the very best in life. Robbin, Sean, and Ashley Smith.

Happy Birthday USCG! Thanks for the boat ride on Saturday. Mason

DOWNTOWN LYCEUM MOVIES



Two Brothers Action Adventure/Drama 105min

Starring: Guy Pearce, Freddie Highmore

A story of twin tiger cubs, one shy and gentle the other bold and fierce, who are born among $\,$

temple ruins of an exotic jungle, but are one day separated by fate.



The Notebook Drama/Romance

124min

Starring: James Garner, Joan Allen, Ryan Gosling

As a man reads from a faded notebook to the woman he regularly visits, his words bring to

life the story of a couple who are separated by World War II, then passionately reunited 7 years later, after they have taken different paths.



The Manchurian Candidate

Thriller 130min

Starring: Denzel Washington, Live Schreiber, Meryl Streep

Major Bennett Marco and Sergeant Raymond Shaw served together during the Persian Gulf War and were part of a platoon of U.S. Soldiers attacked by the enemy. Ten years later, Shaw is climbing the political ladder, but Marco isn't dealing with the adjustment after the war. He remembers being captured and brainwashed. Marco contacts Shaw and discovers a political conspiracy.



White Chicks

Comedy 108min

Starring: Marlon Wayans, Shawn Wayans

After messing up a major drug bust, two African American FBI Agents try to impress their boss

by volunteering to protect the Wilton Sisters, the heiresses of a hotel empire, from a kidnapping scheme. The brothers use themselves as bait, convincing the world that they're actually young, rich, white chicks.



The Village Suspense 108min

Starring: William Hurt, Joaquin Phoenix

Set in rural Pennsylvania in 1897, this is the story of the small village of Covington

surrounded by woods inhabited by a race of "mythical creatures," and the romance that blossoms between Kitty, the daughter of the town's leader, and Lucius, a young man who questions the policy of keeping Covington's citizens completely confined to the village.

Friday, August 13

8 p.m. Two Brothers PG 105min

10 p.m. The Village PG13 108min

Saturday, August 14

8 p.m. White Chicks PG13 108min

10 p.m. The Manchurian Candidate PG13 130min

Sunday, August 15

8 p.m. The Notebook PG13 128min

Monday, August 16

8 p.m. Two Brothers PG 105min

Tuesday, August 17

8 p.m. The Village PG13 108min

Wednesday, August 18

8 p.m. White Chicks PG13 108min

Thursday, August 19

8 p.m. The Notebook PG13 128min



WHAT'S HAPPENING

Youth Center

Aug. 13 Sport Night FMI, call 4658

Teen Center

Aug. 14 Pool Party FMI, call 2096

Liberty Center

Aug. 11 Darts Tournament Start time - 7 p.m. FMI, call 2010

GTMO Jazz Festival Poster Contest

Contest begins Aug. 13 and ends Aug. 20. Looking for a colorful, modern & dynamic design. All entrants must supply two copies of their entry - one on paper, one on disc saved as a .jpg or bitmap file. FMI, call 5225

Parents Night Out

Aug. 13, 20, 27

To hold a spot for your child a reservation fee of \$2.50 is due by Thursday of each week.

An additional fee of \$1.50 is due for each additional child of the same family. This reservation fee is non-refundable.

One hour - \$2.50; two hours \$5; three hours or more \$12.

FMI, call 3664

Water Aerobics

Tuesdays & Thursdays
6 a.m. to 7 a.m. at Marine Hill Pool
Saturdays - 9:30 a.m. to 10:30 a.m.
at the Windjammer Pool
FMI, call 2193

MWR Back to School Blast

Aug. 28, 10 a.m. to 2 p.m. at the Sailing Center Entry Fee: Register your kids for an upcoming Youth Sport FMI, call 2193

For more information on any of the events listed above, call 5225.